

# Tidbits

March 2022 — Vol. 27 Issue 7



Monthly Newsletter of the GFWC Woman's Club of West Deptford • PO Box 381 • Thorofare, New Jersey 08086 • <https://wdwomen.com>

## NEXT MEETING

**Tuesday, March 8, 2022**

**6:30 p.m. St. Paul's, 74 Church St.**

**Wear Green!!**

## Refreshments

Snacks/Desserts (pre-packaged or wrapped individually): Linda J., Tracey H., Nancy D., Kim VZC. ; Beverage (small bottles of water): Robin E., Sue N.

## March Birthdays

14—Cheryl F.      24—Jody H.  
22—Margaret O.

## COLLECTIONS

- ♥ Robin/Lisa H.: Soda/Soup Aluminum tabs for Ronald McDonald House.
- ♥ Cynthia/Peg S.: Household items & food for South Jersey Dream Center.
- ♥ Chris T.: Clothing and household items for Angels Community Outreach.
- ♥ Jeannette: 17" duffel bags for Family Promise.
- ♥ Linda M. & Janice: Money for gift cards for SERV victims of domestic violence.
- ♥ Nancy B.: unexpired canned goods for Colonial Manor Food Pantry; dry cat food for the local feral cat program.
- ♥ Joan: Feminine Hygiene products and coupons for feminine hygiene products for Greater Woodbury Cooperative Ministries.

### Woman's Club of West Deptford

Member of General Federation of Woman's Clubs (GFWC), New Jersey State Federation of Woman's Clubs (NJSFWC), Garden District of NJSFWC.

President: April Maska

Membership: Cynthia Holmes-Butler

Info: 856-217-2962 or

[membership@wdwomen.org](mailto:membership@wdwomen.org)



## PRESIDENT'S MESSAGE

April Maska

Spring is around the corner, and we still have a full list of activities to complete before the end of our club year. As it looks like we are finally coming to the end of the pandemic that has affected all of us in one way or another, we need to look back and be proud of all that we were able to accomplish.

*"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."*  
—Harriet Tubman

No matter what obstacles were thrown at us these last two years, we continued our mission and made a difference in so many ways. It was your perseverance that helped us to continue to achieve our goals. Each of you is just amazing.

We have several things to finish before June and the next two months will be where we begin to wrap things up. Before our March meeting, I will send out the tentative Donations List for our 2022 club year. Please look it over as we will be voting on it at our meeting.

Also, I will be appointing the Nominating Committee at our March meeting as it is time to vote on the 2022/2024 slate of officers. For our newer members, the Executive Board is elected every two years by the general membership and is put together by a Nominating Committee who work very hard to create a board dedicated to the betterment and future of our club. The Nominating Committee follows the bylaws written and voted on by the club members. We know that they will do an excellent job as always.

We have received "The Call" to the NJSFWC Convention, which will be held at the Tropicana in Atlantic City. The dates are April 24th to the 26th. Our own Denise H. will be there for the full convention and several of us will be attending on Tuesday, April 26th to honor our Order of the Lily and Honor Roll recipients. If anyone is interested in attending the convention for the three dates or wants to just join us on the 26th, please let me know. Our reservation for attendance needs to be in by March 30th so as not to pay a late fee.



You won't want to miss our next meeting as Carol F. will be announcing the recipients of the Order of the Lily and the Honor Roll. These ladies represent their years of longevity and the work they have put into our club. Once again, our list of recipients is outstanding.

Look for my email on the club committees and the summary of what each committee does. This will also be sent before our next meeting. It is our hope that each of you finds a committee that you feel is best suited for you and help us continue to make a difference in our community and beyond.

Don't forget to bring your dues to our March meeting. It is \$45 for the year. Peg S. asked that you bring it to our March meeting or mail/drop off your dues to her. The final date to pay dues is our April 12th meeting. I need to fill out our club form and mail our numbers to Headquarters by May 1st. Thank you for meeting our deadlines.

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## President's Message, continued

A big thank you to Linda J. and Sue N. along with their helpers for holding another very successful internal fundraiser. The Hoagie Sale was amazing, and we did even better than last year. Our internal fundraisers are an important part of our ability to fund so many different charitable activities. Your support of these events makes a huge difference in our treasury. Thank you, thank you, thank you!

Our Social Committee has been incredible in finding so many different activities to meet the interests of our members. I was just at the crocheting meeting and had a fantastic time. I do need to practice and possibly have a couple more lessons; however it was so much fun. I am totally looking forward to our Ceramic Night as I love to create decorations for my home. These Social Events are designed for you to get to know your club sisters. We have

so many members that we want to get to know, and these events give us the opportunity to do just that. We are so much more than a Social Club, but it is nice to get together and just have fun with our new friends. (I already read the book for our next Book Club, which is always on Zoom...the book was awesome!!!!)

Our next three Club meetings will be at St. Paul's Church as we have so much to complete. Our June meeting will be a dinner to include the Installation of Officers. More to come on our dinner meeting.

Let's wear green at our next meeting as we celebrate the Luck of the Irish, and don't forget those Secret Pal gifts!!!

Stay safe and I look forward to seeing all of you at our next meeting!

Warmly,  
*April*



- ◆ Jeannette and Joe W. would like to announce the birth of our 6th grandchild. Their son, Jason, and daughter in law, Michelle, had their third daughter. Catherine Ellie Wood was born on January 22, 2022 weighing 7 pounds 3 ounces and 19.5 inches.
- ◆ Grandson of Linda & Bill J., WDHS senior, Jake Cobb, has broken school records in cross country and track events all year. He is a NJSIAA GROUP AND STATE CHAMPION in the 1600 and 3200 meter runs coming in second and third in these state events. He will run at MIT when starting his college career in the fall.



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## FIRST VICE PRESIDENT

Linda Jones

### Fundraising Success!

Fundraising is an ongoing necessity that keeps our club working towards all the community areas that we support and give to as volunteers.

We are adding \$575.00 to our treasury with the success of the **HOAGIE LUNCH PACKAGE** held last month. The hoagie committee and members totaled 40 hours of preparation time along with distribution of the lunch packages from the West Deptford Library. Our many generous members donated the giant lunch bags, napkins, chips, cookies, and water bottles which made our lunch complete and profitable.

Thank you to the entire club for participating in this endeavor. A special thanks to our committee directed by Sue N. as she organized the orders, monies, and labels for the hoagie choices during the pickup process. Eighteen members were involved and in kind donations totaled \$136.72 to boost our profits.

A special acknowledgement is given to Sue, Carla, Sharon, Linda J., Dorothy, Agnes, Janice and Margie for their help in pickup and preparation of each hoagie order. A wonderful shoutout is given to Carol F. and Denise P. for being our top sellers! And of course we appreciate all who donated items to bring us to such a successful fundraiser. We received many compliments and even a suggestion to hold several hoagie lunches throughout the year in the future.

Pictured below is the committee and top sellers who gave their time and effort toward this event. Thank you!!



## SPECIAL STATE PROJECT

Jeannette Wood & Cheryl Fairchild

### Operation Chillout: Homeless Veterans Outreach

**A SPECIAL THANK YOU TO THOSE WHO HAVE DONATED TO "COUNT YOUR COATS CHALLENGE."**

We have collected \$483.00 for this project. If you still want to donate, send your check to Jody Harris or give it to her at the meeting. The collection will continue until the end of the March meeting.

**Thank you for your continued support of this Special State Project.**

**NOTE: A new Special State Project will be announced at Convention in April. What will it be??? We will just have to wait and see!**



## SPECIAL CLUB PROJECT: FAMILY PROMISE

Jeannette Wood

**We collected \$8.00 last month at our club meeting. Thank you! Thank you!**

This money goes toward purchasing duffel bags for these homeless families. If you want to help with this project, you can purchase a duffel bag online and have it sent to my house. If you would rather give a donation toward the duffel bags, I will collect at our meeting. I will then purchase more duffel bags with the collected money and deliver them to the Day Center in Glassboro.

### A Comedy Night!

Family Promise of Southwest New Jersey is having a fundraiser event on Saturday, March 26, 2022. The comedians featured are Joey Callahan, Tracey Locke, Bob Marshall, and Dave Evans.

Saturday, March 26, 2022, Doors Open 7:00 pm, Show starts 8:00 pm.

Tickets are \$50.00 per person and includes a light buffet; BYOB Church of the Incarnation, 240 Main Street, Mantua, NJ 08051

Purchase tickets online:

[www.familypromiseswnj.org](http://www.familypromiseswnj.org)

**Thank you so much for your continued support to help the homeless in our community!**

## CIVIC ENGAGEMENT & OUTREACH

Carol M.

### Women in the Military

The USS Abraham Lincoln made history on January 10, 2022, as it departed from San Diego, California for a scheduled deployment, the first ever of a U.S. nuclear carrier in our history skippered by a female naval officer. Captain Amy Bauernschmidt assumed command of the carrier in August 2021. The carrier departed for a scheduled deployment with a complete strike force in support of global maritime security operations. She stated that her crew are incredible professionals who have trained exceptionally hard and who will proudly represent our nation as we defend our national interests.



Bauernschmidt graduated from the Naval Academy in 1994 with a degree in ocean engineering, the first class in which women were allowed to serve aboard a combat carrier. She earned her master's degree at the Naval War College and was designated a Naval aviator in 1996. She has over 3000 flight hours and numerous commendations for her service to country. Her hope is that more female trained officers will be able to serve as Naval commanders in the United States Navy.

Let us praise the females who serve in our United States military.

### 2ND VP/MEMBERSHIP

Cynthia Holmes-Butler

We are growing by leaps and bounds—50 members currently! Thank you for being an amazing example to our community and attracting others to join us. A couple ladies have inquired about coming to the March meeting so please welcome any new faces!

**WELCOME NEW MEMBERS!**

We installed two new members at our February meeting, Margaret O. and Tracey H., shown with 2nd VP Cynthia and President April. We are happy to have you, ladies!!



# ENVIRONMENT

Patty Wyzykowski

## Plastic Bag Ban in NJ

Dear club members,

The following is an overview (from the NJ DEP website) of the ban for single use plastic bags and polystyrene foam food containers that will take place on May 4, 2022. Also shown is information about the restriction for plastic straws that is already in force as of November, 2021.

### Ban on Single-Use Carryout Bags

- Beginning May 4, 2022, the law prohibits all Stores (including retail), Food Service Businesses, and Grocery Stores from selling to, or providing their customers with, single-use plastic carryout bags. In addition, Grocery Stores larger than 2,500 square feet may not provide or sell single-use paper carryout bags, and instead may provide or sell only reusable carryout bags.
- Definitions:
  - "Store" is any grocery store, convenience store, liquor store, pharmacy, drug store, or other retail establishment.
  - "Food Service Business" sells or provides food for consumption on or off the premises, including, but not limited to, establishments such as a restaurant, café, delicatessen, coffee shop, convenience store, grocery store, vending truck or cart, food truck, movie theater, or business or institutional cafeteria, including those operated by a government entity.
  - "Grocery Store" is a self-service retail establishment that occupies at least 2,500 square feet, and that sells household foodstuffs for off-site consumption, including but not limited to fresh produce, meat, poultry, fish, deli products, dairy products, canned foods, dry foods, beverages, baked foods, or prepared foods.

### Reusable Carryout Bags

- A "reusable carryout bag" must be:
  1. Made of polypropylene fabric, PET nonwoven fabric, nylon, cloth, hemp product, or other washable fabric; and
  2. Have stitched handles;
  3. Be designed and manufactured for multiple reuses.



### Ban on Polystyrene Foam Food Service Products

- Beginning May 4, 2022, the law prohibits all persons and food service businesses from selling/offering for sale any polystyrene foam food service product and prohibits all food service businesses from selling/providing any food served in a polystyrene foam food service product.
- The following products are exempt until May 4, 2024 unless otherwise extended by the DEP:
  - Disposable, long-handled polystyrene foam soda spoons when required and used for thick drinks.
  - Portion cups of two ounces or less, if used for hot foods or foods requiring lids.
  - Meat and fish trays for raw or butchered meat, including poultry, or fish that is sold from a refrigerator or similar retail appliance.
  - Any food product pre-packaged by the manufacturer with a polystyrene foam food service product.
  - Any other polystyrene foam food service product as determined necessary by the DEP.
  - A "polystyrene foam food service product" is defined as a product made, in whole or in part, of polystyrene foam that is used for selling or providing a food or beverage, and includes but is not limited to a food container, plate, hot or cold beverage cup, meat or vegetable tray, cutlery, or egg carton.

- Further exemptions and requests for waivers for polystyrene foam food service products may be submitted to the Department of Environmental Protection (DEP) on forms to be prescribed.
- Contact for the NJDEP Division of Solid and Hazardous Waste is [singleuseplastics@dep.nj.gov](mailto:singleuseplastics@dep.nj.gov) or 609-984-4250

### Requirements for Single-use Plastic Straws

- Beginning on November 4, 2021, food service businesses shall only provide a single-use plastic straw to a customer upon request by the customer. Food service businesses are required to keep an adequate supply of single-use plastic straws. Stores may continue to sell packages of single-use plastic straws and provide/sell a beverage pre-packaged by the manufacturer with a single-use plastic straw, i.e., juice boxes

### Penalties for Non-compliance and Enforcement

- A person or entity that violates the law will be warned for a first offense, may be fined up to \$1,000 per day for the second offense, and may be fined up to \$5,000 per day for the third and subsequent violations. Violations of a continuing nature constitute an additional, separate, and distinct offense for each day that is deemed a violation.
- The DEP, municipalities and any entity certified pursuant to the "County Environmental Health Act" are authorized to enforce the law.

With regard to the polystyrene foam food containers, I have been bringing my own reusable containers to restaurants to take home unfinished meals. Currently we have 21 reusable bags left for sale. Please let me know if you would like to purchase any of the bags for the benefit of club and charities. Thank you. —Patty



**Don't forget  
to SPRING  
FORWARD  
March 13th**

## SOCIALLY SPEAKING

Jody Harris, Holly Revelas

Please be sure to keep up with the RSVP dates so you don't miss something that you were really looking forward to participating in. With that being said, here is what's coming up....

### **THURSDAY, MARCH 10 @ 6:00 Fahrenheit Ceramic Studio (RSVP by 2/15)**

8 South Broadway. Pitman  
If you are not familiar with this event, you select a piece of ceramics of your choice to work on, and add a \$4.00 studio fee which includes the painting and firing of your piece. Each attendee is responsible to pay for their choice of ceramics as well as the \$4.00 fee. You can bring in snacks and beverages. This was a lot of fun when we went in the fall and was requested by several of the club members. Thursdays are half-price studio fees from 6-10PM for customers 21 and up. Their normal fee is \$8.00 per person. The items will be ready to be picked up the following week. Last time, I picked up everyone's items and am anticipating doing the same this time so that we don't all have to go back down. As an aside, there is a FABULOUS cookie place across the street called CRAVE if you chose to pick up a treat for yourself! As of this time, there are 12 people who are interested in going.

### **THURSDAY, MARCH 24 @ 7:00 Crochet Night led by Joann Keefe**

St. Paul's Church – Basement

We will continue making granny square blankets under the direction of Joann and her assistants; Debbie H., and Margie M. If you are interested in learning to crochet, you are welcome to join us. Please let Joann or Jody know you are coming so we can add you to the list. You need not have attended our first session to join in. Several of us are new and it is taking some time to get comfortable with this process. You are welcome to bring a snack and a beverage to enjoy while working. (Several additional sessions have been scheduled as well.)

### **WEDNESDAY, APRIL 6 @ 7:00 is our ZOOM Book Club Mtg.**

We will be discussing, *The Last Thing He Told Me* by Laura Dave

Hannah Michaels finds out that her husband Owen is being investigated for a crime and has now gone missing. She's

left alone with her 16-year-old step-daughter, Bailey, who dislikes her. Together the two must work together to figure out the truth behind Owen's disappearance, leading down a path that reveals old family secrets and tests Hannah and Bailey's relationship.

### **THURSDAY, APRIL 7 & 21 @ 7:00 Crochet Night led by Joann Keefe**

St. Paul's Church – Basement

See description under March 24 event.

### **SATURDAY, APRIL 30 @ 11:30 AM Jane's Tea House**

602 Station Ave, Haddon Heights (RSVP by 4/8)

#### **Mother's Day "Afternoon Tea"**

Upon arrival you will be asked to select a scone of your choice. They have both sweet and savory for you to choose from. You will also be asked to select a tea of your choice. Then you will be given four "Tea Sandwiches" to sample, as well as five bite size desserts. Please feel free to check them out online. You will be able to see the menu as well as both the tea and scone selections. I went with my husband and it was a lot of fun. This is one of our more expensive events as the cost is \$32.95 (age 60+) or \$34.95 (55-65). This is before tax/gratuity. This event is 90 minutes, and you eat the entire time. As of now, I have 10 people signed up for this event. If anyone else is interested in attending, please let me know. I have to give them a final count no later than April 8th. As it gets closer, I will let those who are going know so that carpooling arrangements can be made if desired.

### **THURSDAY, MAY 5 (Cinco de Mayo) @ 12:00- Noon COCO'S COCINA TEX-MEX**

32 S. Broadway – Pitman (RSVP by 4/15)

Each attendee is responsible for purchasing their own lunch. We will choose our selection from the menu. I need to let them know by April 15 our exact count. As it gets closer and I have a finalized list, I will let everyone who is going know who all is going so that carpooling can be arranged if so desired. Parking is limited.

### **THURSDAY, MAY 12 & MAY 26 @ 7:00 Crochet Night led by Joann Keefe**

St. Paul's Church – Basement

See description under March 24 event.

### **WEDNESDAY, JUNE 1 @ 7:00 is our ZOOM Book Club Mtg.**

**At this time, this is scheduled for a ZOOM Mtg. however, it may be an in-person meeting if possible to end our year. Stay tuned.**

We will be discussing, *The Guest List* by Lucy Foley

The bride · The plus one · The best man · The wedding planner · The bridesmaid · The body — On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. The groom: handsome and charming, a rising television star. The bride: smart and ambitious, a magazine publisher. It's a wedding for a magazine, or for a celebrity: the designer dress, the remote location, the luxe party favors, the boutique whiskey. The cell phone service may be spotty and the waves may be rough, but every detail has been expertly planned and will be expertly executed.

But perfection is for plans, and people are all too human. As the champagne is popped and the festivities begin, resentments and petty jealousies begin to mingle with the reminiscences and well wishes. The groomsmen begin the drinking game from their school days. The bridesmaid not-so-accidentally ruins her dress. The bride's oldest (male) friend gives an uncomfortably caring toast.

And then someone turns up dead. Who didn't wish the happy couple well? And perhaps more important, why?

### **TUESDAY, JUNE 14 End of Year Installation/Dinner**

We are currently working on this and will let you know when definite plans have been made and a venue finalized.

Please be sure to check your e-mail often as we hope to have other "Pop-Up Events" to share with you.

As always, If you have a talent/hobby that you would like to share with the group, please let Holly, Margie, or Jody know. We would love to incorporate the talents from our club sisters into a social event that we can all learn and enjoy.

**See photos on pages 7, 8 & 10!**

# HEALTH AND WELLNESS

Chris Taylor, Linda Marple, Kim VanZoeren-Czoch, Carol Dechen

- South Jersey Dream Center**—  
329 lbs of food
- Angels Community Outreach**—  
148 lbs of clothing
- West Deptford Fire**—  
\$480, \$985 in kind, club \$150

## Alzheimer's Awareness Month

**Alzheimer's Disease** is a type of brain disorder that causes problems with memory, thinking and behavior. This is a gradually progressive condition. It requires urgent medical attention, which is usually recommended by healthcare providers. It can be dangerous or life threatening.



Alzheimer's Disease is very common: More than 3 million cases are diagnosed per year in the US. Treatments can help manage the condition, but there is no known cure. The onset is common for ages 60 and older and is more common in women. However, Early Onset AD occurs between a person's 30s and mid-60s and is very rare. AD is the most common cause of dementia among older adults. Family history can increase the likelihood of having AD.

Some ways to minimize the risk of Alzheimer's include: 1. Limiting alcohol consumption 2. Consuming a healthy, balanced diet that includes at least 5 servings of fruit and vegetables every day 3. Exercise for at least 150 minutes per week of moderate-intensity aerobic activity (such as cycling or rapid walking). 4. Ensuring that your blood pressure is monitored and regulated on a regular basis through regular health checks 5. If you have diabetes, make sure you stick to your diet, exercise and take your medication on time.

Scientists do not yet fully understand what causes Alzheimer's disease. There likely is not a single cause but rather several factors that can affect each person differently.

- Age is the best known risk factor for Alzheimer's disease.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease. However, genes do not equal destiny. A healthy lifestyle

may help reduce your risk of developing Alzheimer's disease. Two large, long-term studies indicate that adequate physical activity, a nutritious diet, limited alcohol consumption, and not smoking may help people.

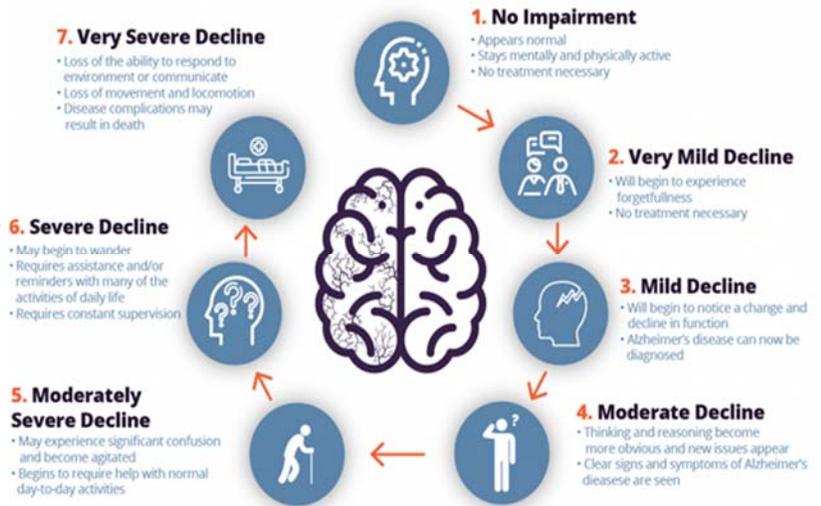
- Changes in the brain can begin years before the first symptoms appear.
- Researchers are studying whether education, diet, and environment play a role in developing Alzheimer's disease.
- There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, may also reduce risk for subjective cognitive decline.

A person with Alzheimer's disease, on an average, survives four to eight years following diagnosis, but can live for up to 20 years depending on other variables. Alzheimer's related brain changes begin years before any symptoms of the illness appear.

Alzheimer's disease affects areas including cognitive functioning, the capacity to execute activities of daily living as well as engage in meaningful time use and social activity, and a favorable balance of positive mood and

the absence of negative emotion. Thus, AD limits memory building & recognition capability, problem solving, judgment and executive functioning in advanced cases. An Alzheimer's patient starts forgetting things, including their family members names, their possessions, etc. Problems include wandering and easily getting lost, money handling problems and payments, repeating inquiries, taking longer to do typical everyday tasks, and changes in attitude and conduct.

Medications may temporarily improve or slow progression of symptoms. These treatments can sometimes help people with Alzheimer's disease maximize function and maintain independence for a time. Different programs and services can help support people with Alzheimer's disease and their caregivers. The following chart shows the 7 stages of Alzheimer's Disease:



(Left) MORE RAINBOW BABY BLANKETS for Virtua Hospital's program. Shown is Margie with two lovely handmade blankets. These are given to mothers of "Rainbow Babies," born to a mom who has previously lost a baby.



(Right) THANK YOU to our two Hospitality chairs, Agnes & Dorothy, who shared delicious Valentine treats with us in February!

# ARTS & CULTURE

Linda Jones & Peggy Grady

## Spring Conference

Calling all club members! The annual GARDEN DISTRICT SPRING CONFERENCE & ACHIEVEMENT DAY will take place on April 14, 2022, at the Pennsauken Country Club. We will carpool together and arrive there around 8:30 a.m. - 9:45 a.m. in order to enter our artistic items into the competition. All club members may attend, with or without an art entry. ENVIRONMENT ACHIEVEMENT DAY is also held at this conference. The Environment contests are divided into two divisions: Artistic Design and Horticulture. A registration form is required for this entry as well as every Arts entry and a separate Photography Form (attached to the back of your photo) is also required for every entry in the photo category. The actual meeting begins at 10:00 a.m.

Packets of information and a description of each category will be distributed at our March club meeting. A separate registration form is required for each project. Towards the end of the conference day, attendees will view the art entries of each club and learn who received the winning ribbons and certificates.

The awards are as follows: Grand Prize - Gold ribbon and Certificate  
First Place - Blue Ribbon and Certificate  
Second Place - Certificate  
Third Place - Certificate

There is only one Grand Award in each category/sub-category level. There can be multiple First, Second, and Third Place awards. Also, there are three levels/classes of entries: Beginner, Advanced, or Professional. The judging criteria is as follows: Composition, Craftsmanship, Creativity, Flavor/Texture, Technical, Workmanship.

Linda Jones has extra copies of all the registration forms, rules, photography specifications, and category descriptions for 23 areas including: Door Decorations, Jewelry, Embroidery, Needlepoint, Plastic Canvas, Knitting, Crocheting, Sewing, Paper Art, Holiday, Baking, Painting, Drawing, and Photography to name a few. Please pick up your packet

of information at our March club meeting if you have an item or items which you will consider entering.

The conference proceeds to a delicious luncheon at 11:30 a.m. Awards will follow lunch. All club members are eligible to attend the entire day. The luncheon menu and cost will be available at our club meeting. A signup sheet will be sent around and if possible please plan on between thirty and forty dollars for the lunch payment. To date, we have not been given these details.

I would like to have your completed registration forms by Thursday, March 24th, so that I may review them and mail them to the Garden District Arts and Culture Chairman. I would be glad to take your art items to

the conference for you if you are not able to attend. We are looking forward to another wonderful day enjoying all the remarkable talent in our club as well as the entire Garden District. Please call me to pick up the above information if you are not able to attend our Woman's Club Meeting. Thanks everyone!



Linda J., Joann Kf., and Denise P. are past winners at Achievement Day.



CROCHET CLASS, the first of many, led by Joann Kf. and assisted by Debbie H. & Margie M. There are several more classes planned, so see Joann if you are interested in learning how to crochet! We will be creating granny squares and making blankets. All you need is #3 or 4 yarn and a size G or H crochet hook. Next class is March 24.

# DOMESTIC VIOLENCE AWARENESS

Linda Marple, Janice Morrison

## Surviving Domestic Violence: Your Legal Rights

There is much to know about a person's legal rights concerning NJ laws on Domestic Violence. I'd like this to be the first of several articles on this issue.

### Understanding the NJ Prevention of Domestic Violence Act (DV Law)

To be legally protected against DV under the DV Law, you must meet three conditions:

#### CONDITION 1:

**Is your relationship one that is covered by the DV Law?**

YES, if the Abuser is 18 years old or older or emancipated AND any of the following apply:

- YOU are 18 years of age or older or emancipated and the abuser is any other person who is a present household member or was at any time a household member; OR
- YOU are any age and the abuser is your present or former spouse; OR
- YOU are any age and the abuser is a person with whom you have a child in common or with whom you are expecting a baby; OR
- YOU are any age and the abuser is a person with whom you have had a dating relationship (including same sex relationships); OR
- YOU are an elderly or disabled person and the abuser is a spouse, dating or live-in partner or any other household member, including a caregiver.

#### CONDITION 2:

**Have any of the following acts been committed against you by the abuser?**

Homicide, Assault, Terroristic Threats, Kidnapping, False imprisonment, Criminal Restraint, Sexual Assault, Criminal Sexual Contact, Lewdness, Criminal Mischief, Burglary, Criminal Trespass, Harassment, Cyber-harassment, Stalking, Criminal Coercion, Robbery, Contempt or other crimes involving risk of death or serious bodily injury.

#### CONDITION 3:

**Do you need a Restraining Order for protection against future acts of violence?**

YES, if you show at least one of the following:

- \* The abuser has committed acts of DV against you in the past (even if they have not been reported); OR
- \* The current act of DV is particularly serious; OR
- \* The facts show that the pattern or substance of the abuser's behavior requires a court order to prevent future abuse.

Future articles will address how police can help, how to get a Temporary Restraining Order (TRO), How to get a Final Restraining Order, and more.

## Feminine Products

Kim VZC. will be collecting feminine products and coupons for feminine products while Joan is in Florida. These products go to the families served by the Greater Woodbury Cooperative Ministries Food Program. Their clients' governmental food assistance does not cover feminine items.

Joan will continue to shop for and collect feminine products when she returns from Florida.

Thank you!



MORE SOCIAL EVENTS  
(Below) Broadway Theater Pitman, the Jungle Book; (Right) Valentine's Dinner out at Gia Nina. A good time was had by all!



# FEDERATION NEWS

Isabella Cooper

## Dates to Remember

- 3/1-31/22: Women's History Month
- 3/1-31/22: National Reading Month
- 3/24/22: Room Reservation Deadline for the NJSFWC Convention
- 3/25/22: Garden District Performing Arts Day at Salem Community College, 460 Hollywood Ave., Carneys Point
- 3/29/22: Garden District Civic Engagement Day
- 4/16/22: Spring Conference and Achievement Day at Pennsauken Country Club
- 4/24-4/26/22: NJSFWC 128th Annual Convention

## NJSFWC 128th Convention

Our State Convention, "Celebrate Extraordinary Women" is slated for April 24-26 and will be held at Tropicana Casino and Resort Atlantic City. Monday night events include honoring the Cecelia Gaines Holland awardee, announcement of totals for the Special State Project-Operation Chillout, remarks from President Jan Hanson and President-elect Holly, and the installation of the new administration. Tuesday's morning session are In Memoriam, Honor Roll and Order of the Lily Ceremony.

Room Reservations must be made with Tropicana Atlantic City before March 24, by calling 1-888-516-2215, Group Name: NJSFWC 2022, Group Code Name: ST04WC2. Room charges for single and double are \$83.67 per night.

## National Legislative Updates Violence Against Women Act (VAWA) Reauthorization

A virtual rally on January 19 was hosted by the National Task Force to End Sexual and Domestic Violence, featuring Angelina Jolie, international human rights activist, and the Senate bi-partisan co-sponsors. On February 9, S.3623 was introduced and a press conference held with Ms. Jolie, the Senate co-sponsors, and leaders of the NFT. Due to intense negotiations, enough co-sponsors signed on to take the bill directly to the Senate floor. GFWC has co-signed an NFT letter urging Congress to act, and state federations have been given the opportunity to co-sign the letter which will be inserted

into the record during Senate floor debate. GFWC has also asked President Biden to highlight the legislation in his State of the Union Address to the Joint Session of Congress on March 1. Once the Senate acts, it is anticipated that The House of Representatives will approve the bill and sent it to the President for signature.

## Equal Rights Amendment Update

Congress is considering bipartisan resolutions to remove the deadline that was introduced in the Amendment's preamble and described by the Department of Justice as a barrier to certification by the U.S. Archivist. That deadline has expired. The House passed Joint Resolution 17 in March 2021; on March 22, the Senate has scheduled a hearing on the resolution. An additional resolution, H. Joint Resolution 891, introduced by Rep. Jackie Speer (D-MD) removes the deadline and specifies that states cannot rescind support for a constitutional amendment. Five states had voted to rescind their support and lawsuits also have been filed.

## EARN IT Act

GFWC thanks the many club women for urging Congress to support the bipartisan bills to revise the legal framework governing the prevention of online sexual exploitation of children by removing liability protection for technology companies. On February 10, the Senate Judiciary Committee unanimously approved S 3538 making it eligible for floor action. The companion House bill H.R. 6544 has seen no action yet.

## International Update

The war has now begun in Ukraine and citizens are flocking to neighboring countries for safety. Preceding this event last month, members of the International Women's Club of Ukraine in Kyiv had reported that they were staying strong as they endure their trying times. They reported that they were in strict quarantine again and facing fears over the impending invasion, facing extremely high food and medicine costs. Still, the clubwomen were pleading that everyone stand together and help others in need.



**South Jersey Dream Center**

**Please bring any donation, no matter how small, to our meeting. It all adds up! We currently have a total of 329 lbs. donated. Thank you!**

GREETINGS FROM FLORIDA! A group of club members got together down in Florida for some social time. From left: Kathy Gehman (one of our original charter members), Carol M., Joan B., Debbie H., and Clara C. Have fun, ladies, and see you in a month or two!



## ADVOCATES FOR CHILDREN

Isabella Cooper

### Special Speaker on Children

Hi ladies & happy March 🍀

Hoping you can attend this month's meeting. We will be having a speaker talk on the subject of mental health education and the importance of mental wellness for our children. Her name is Isabelle Nicholas. She



is from West Deptford and is a candidate for Miss New Jersey! Please come to support and listen to her platform.

### Ronald McDonald House

We will be collecting for Easter baskets: wrapped candy, chocolate, bunnies, and small trinkets/toys to place in 15-18 baskets for the children staying at the RMH. We could still use 5 small baskets and we will be set with those. Let's brighten the holiday spirit for these children with a little bunny love!!! 🐰

We will collect at our March and April meetings. Thank you!

## THANK YOU NOTES

Thanks to all my Club sisters who sent get well cards during this very long recovery period. I'm still not back to regular food yet or feeling like myself yet either.

Also special shout out to Chris Taylor and Linda Marple who provided some delicious meals to John. It has been much appreciated.

Hoping to be able to attend the March meeting. Fingers crossed.

—Nancy B.

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Thanks to all of you lovely ladies for the Happy Birthday song and good wishes!! Really meant a lot!!

—🥰💕 Joanne.

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I would like to thank my Club sisters for all their e-mails, cards, texts, and good wishes as I recover from my recent hip surgery. Kindness is great medicine.

—Thank you all, Karen H.

## DEAR SECRET PAL

Dear Secret Pal,  
Thank you for my delicious smelling latte shower gel, body lotion, and candle. They all smell so good. I can't wait to use them. Very thoughtful. Ty. —Carol F. xo

Dear Secret Pal,  
Thank you for the beautiful gnomes. I love them and can't wait to meet the rest of their "friends" as you put it. They are standing by my entrance table when you walk in the front door so that everyone who enters my home will be greeted by them. I put out both the January and February gnomes. I also want to thank you for the Barnes & Noble gift card; you know that is one of my favorite stores, and I have a running list of books that I want! This will definitely go to good use. Thanks again for your thoughtful gifts. —Jody

Dear Secret Pal,  
I just loved the gnomes theme in all the gifts I received. The monthly sign is adorable, the candy gnome was a great hit with the grandchildren and the socks are the best!!!! Thank you for the thoughtful gifts! —Warmly, April

Dear Secret Pal,  
Thank you so much for the chocolate covered pretzels! It was a nice Valentine's treat and my favorite snack! —Cheryl



Dear Secret Pal,  
Thanks so much for the pretty Valentine's Day kitchen towels and candy treats. I appreciate your kindness! —Peggy G.

Hi Secret Pal!  
You filled my heart with so many special gifts💕. Thank you so much for all the goodies. It was fun to use the valentine spatula set and mini mitt and I am enjoying the stickers, candy, and cute decorative decor💕

—Hugs & kisses to you, Lisa



FEBRUARY BOOK CLUB enjoyed *Magic Hour* by Kristin Hannah. Our next book is *The Last Thing He Told Me* by Laura Dave. We will meet on April 6 on Zoom.